

In The Kitchen Activities for Monday

On the Move

Apple Balance

Help to balance the apples on various household objects.

Materials:

- Apples
- Paper towel tubes
- Toilet Paper Tubes
- Small Cups

Instructions:

1. Place the paper towel tubes, toilet paper tubes & the small cups on a flat surface. Make sure the cups are face down.
2. Ask your toddler to predict what will happen when you place an apple on the materials.
3. Instruct your toddler to balance apples on each of the materials to find out what kind of balancing act the apples have.

Adventures Online

Be Careful in the Kitchen

Learn safety tips for in the kitchen as you sing along with Baby Bus.

<https://www.youtube.com/watch?v=Mnj2k8wVdbU>

Sensory Time

May I Take Your Order?

It is dinner time. Let's go out tonight!

Materials:

- Play dishes & kitchen utensils (plates, bowls, cups, pots/pans, forks, knives, etc.)
- Play food
- Props (apron, chef hat, etc.)
- Note pad
- Crayons

Instructions:

1. Create a play restaurant using the play dishes and food.
2. Encourage your child to take your order & have them write it down on the note pad.
3. Allow your child to pretend to cook and demonstrate how the kitchen utensils and props are used.
4. Have your child bring you your order & enjoy a fun meal together!

Story Time

In the Night Kitchen

Have you ever been to the Night Kitchen? Do not fall in the cake batter!

Read Aloud: <https://www.youtube.com/watch?v=h9qYoPioDeU>

Arts and Creativity

I Spy in My Kitchen

See if you can guess what is in your kitchen by giving your child some clues.

Materials:

- Your kitchen

Instructions:

1. Walk into your kitchen with your child and begin the game of "I Spy".
2. Say, "I spy something big and black with two handles where there is one on top and one on the bottom. What do you think it can be? (Refrigerator)"
3. Say, "I spy something that is black, and it has circles on top of it. If you touch it, you could burn yourself. What do you think it can be? (Stove)"
4. Continue the game of "I Spy" until your child has spied all the many different things you can find in the kitchen.